

## Meditation – Flawed and Fragile - 7<sup>th</sup> September 2021

Sometime in the Spring, I caught the words “Flawed and Fragile” on a Radio 4 religious programme. I cannot remember the detail of the reflection of the speaker because these two words set me off on a train of thought which has come and gone over the weeks.

The two words, flawed and fragile, might possibly conjure a depressing picture of ourselves (and maybe also of our world).

Thinking about being **flawed** - we try hard in our lives to be strong but I know I have many imperfections, weaknesses, characteristics that I wish I could overcome – be more positive, be less anxious, don't moan, communicate more clearly, try not to criticise others, put others first... so the list goes on!

It doesn't get much better when I think about being **fragile** – I do sometimes feel fragile (and overwhelmed), we all feel vulnerable at times and even broken, by what life throws at us.

**But then**, I catch hold of all the blessings there have been, and are, every day in my life which help to cope with the flawed and fragile me!

The blessings and miracles in our lives are showered upon us by our loving Father and so as I have thought about being flawed and fragile I realised that there are two other words which I can pair with them which describe how our Lord walks with us and moves us on from our flawed and fragile natures – **forgiven and fortified**.

So now I meditate on being **flawed but forgiven, fragile but fortified**.

Jesus knows us through and through, all our strengths and weaknesses, and he forgives our flawed nature as we keep returning to him and ask for help.

He knows what it feels like to be fragile - how often did he seek out isolation and pray to his Father for strength and even, in the garden at Gethsemane, asked *“My Father, if it is possible, let this cup pass from me; yet, not as I will, but as you will.”* Mark 14, 36.

Jesus's example is one of prayer - going back to God, time and again, asking for His Father's guidance but accepting that it must be God's will not his and praying for the strength and fortitude to carry on.

I turn to verses from Scripture in the context of this meditation:

### Ephesians 4:31-32

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behaviour. Instead, be kind to each other, tender-hearted, forgiving one another, just as God through Christ has forgiven you.

### Colossians 3:13

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

### Matthew, 5,48

Be ye therefore perfect, even as your Father which is in heaven is perfect.

### Isaiah 35, 3-4

Be strong, do not fear; your God will come with vengeance; with divine retribution he will save you.

Familiar hymns often capture the essence of forgiveness and the fortification that Jesus offers us:

God forgave my sin in Jesus' name.  
I've been born again in Jesus' name  
And in Jesus' name I come to you  
To share his love as he told me to.

He said, "Freely, freely  
You have received.  
Freely, freely give.  
Go in my name,  
And because you believe,  
Others will know that I live."

That wonderful hymn – *Great is Thy Faithfulness* – says it all for me

Great is Thy faithfulness, O God my Father  
There is no shadow of turning with Thee  
Thou changest not, Thy compassions they fail not  
As Thou hast been Thou forever wilt be

*CHORUS*

Great is Thy faithfulness, great is Thy faithfulness  
Morning by morning new mercies I see  
All I have needed Thy hand hath provided  
Great is Thy faithfulness, Lord, unto me

Summer and winter, and springtime and harvest  
Sun, moon and stars in their courses above  
Join with all nature in manifold witness  
To Thy great faithfulness, mercy and love

*CHORUS*

Pardon for sin and a peace that endureth  
Thine own dear presence to cheer and to guide  
Strength for today and bright hope for tomorrow  
Blessings all mine, with ten thousand beside

*CHORUS*

Great is Thy faithfulness, great is Thy faithfulness  
Morning by morning new mercies I see  
All I have needed Thy hand hath provided  
Great is Thy faithfulness, Lord, unto me



<https://youtu.be/0k1WhFtVp0o>